

Chart 1B: National School Lunch Program (NSLP)

Meal Components	Grades K - 5	Grades 6 - 8	Grades 9 - 12
Amount of Food¹ Per Week (Minimum per day)			
Fruits (cups) ²	2-1/2 (1/2)	2-1/2 (1/2)	5 (1)
Vegetables (cups) ²	3-3/4 (3/4)	3-3/4 (3/4)	5 (1)
➤ Dark Green ³	1/2	1/2	1/2
➤ Red/Orange ³	3/4	3/4	1-1/4
➤ Beans and Peas (Legumes) ³	1/2	1/2	1/2
➤ Starchy ³	1/2	1/2	1/2
➤ Other ^{3, 4}	1/2	1/2	3/4
Additional Vegetable to Reach Total ⁵	1	1	1-1/2
Grains (oz eq) ⁶	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min - Max Calories (kcal) ⁸	550-650	600-700	750-850
Saturated Fat (% of total calories) ⁸	< 10	< 10	< 10
Sodium Target 1 (mg) (SY 2014-2020)	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Target 2 (mg) (SY 2020-2022)	≤ 935	≤ 1,035	≤ 1,080
Trans Fat ⁹	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

¹ Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

² One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

³ Larger amounts of these vegetables may be served.

⁴ This category consists of "Other vegetables" as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.

⁵ Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

⁶ At least half of the grains offered weekly must be whole grain-rich as specified in FNS guidance, and the remaining grain items offered must be enriched.

⁷ All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored provided that unflavored milk is offered at each meal service.

⁸ The average daily calories for a 5-day school week menu must be within the range (at least the minimum and no more than the maximum values). Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

⁹ Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.